



Serves: 4

# Fine Basmati Rice with Peas

## Ingredients

- Basmati Rice 120g
- Green peas 60g
- Mint leaves, chopped 2 tbsp
- Onion, sliced 50g
- Green cardamom 3
- Cloves 3
- Bay leaf 1
- Water 1 cup
- Salt. to taste
- Corn oil 5 tsp

## Tips:

- Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Plant-based foods such as wholegrains (e.g. brown rice, wholemeal bread and oats), vegetables, fruit and beans are rich in fibre, which promote the feeling of fullness and also help in blood sugar control.
- Beancurd, pulses, lentils, peas and beans are good sources of protein and low in saturated fat. They can be used to replace meat in some dishes.

## Method

- Wash and soak rice for 15 minutes and drain.
- Heat oil in a large pan, add in the cardamom, cloves and bay leaf and sauté.
- Add in onions and sauté till translucent.
- Add in green peas and sauté for few seconds.
- Add in the rice and sauté till grains are separated.
- Add in 1 cup of hot water and salt, stir well and bring to a boil.
- Cover with a lid and cook over slow fire for 12–14 minutes till all the water is absorbed and rice is cooked. Grain should be separated and rice should be easy to fluff.
- Remove and serve hot.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 178kcal

Protein 3.1g

Total fat (g and % of total calories)

6.1g (30.3%)

Saturated fat 0.8g

Cholesterol 0mg

Carbohydrate 28.4g

Dietary Fibre 1.8g

Sodium 190mg